

*Specialized recreation opportunities are available to adults with physical and/or mental disabilities in and around the Salina area. Transportation is available within the city limits for an additional charge. A monthly newsletter, News & Views, is published describing times, locations, and prices, along with other helpful information. For further information or to receive our monthly calendar of activities, please contact the Parks & Recreation office at 309-5765. **Pre-registration is required for all programs.***

Movie & Munchies

Kick back and enjoy movies and refreshments this fall at Carver Center and Friendship Center. Movie & Munchies will be held various afternoons/evenings throughout the season. Watch your calendar and newsletter for dates, previews, and show times. For more information or to request a movie, contact Parks & Recreation at 309-5765.

L.I.F.T.

Low Impact Fitness Training is a program sponsored by the Salina Parks & Recreation Special Populations program in generous cooperation with the Salina Family YMCA. The L.I.F.T. program is designed for the more independent weight training individual who will not require one-on-one assistance, and includes L.I.F.T. Cardio and L.I.F.T. Strength. Cardio is centered around cardiovascular activities to get the heart rate up and start burning calories. Participants will have the choice of using a stationary bike, treadmill, or walking the indoor track. Strength is conducted on a "circuit," meaning participants will do the weight-lifting machines in order. The L.I.F.T. program does not allow the use of free-weights. (Max: 15 participants) For more information on this program, contact the Special Populations Supervisor at 309-5765.

B-I-N-G-O

Join your friends in a game anyone can play! Don't miss bingo night at Carver Center, 315 N. 2nd, various evenings throughout the season. Watch your calendar for times and dates. Prizes are awarded and refreshments are served. See you there!

Daytime Leisure Awareness

Daytime Leisure Awareness (DLA) is a program designed to help you explore fun and interesting leisure activities in the Salina area. This program will be held on various afternoons/evenings throughout the season. We've gone to such places as Jumpin' Joe's, Central Mall, Smoky Hill Museum, Stiefel Theatre, Bicentennial Center performances, and much more. For more information, call Parks & Recreation at 309-5765.

League Bowling

Join your friends for some bowling competition fun on various Tuesdays, 2:30-3:30pm, at All Star Lanes! We'll bowl two games each session. Feel free to bring money for drinks or snacks. Occasionally, we will have special bowling events that include a dinner or nitro bowling! It's never too late to join - give us a call today!

Craft Workshop

Join your friends for a special craft workshop this fall! They will be held at various times and locations during the season. We will make fun projects that you can take home to keep or give as gifts. Cost varies per session. Transportation is available by calling 309-5765.

SPECIAL POPULATIONS

27

Birthday Parties

Join us every 3 months as we celebrate **everyone's** birthday! Each birthday party features cake, ice cream, and a featured activity. Check your calendar and newsletter for dates, times and activities. Come and party with us!

Dances

Time to mingle! Don't be left out of the fun and excitement at the Special Populations dances. Join us for food, fun, and friendship at Salina's Friendship Center. Occasionally, we will travel out of town for other dances. Come and enjoy themed parties with great music, refreshments, and a fun atmosphere! Some dances will include a dinner for an additional charge. *Transportation is not provided for this activity.* Don't miss this great social event!

Pool Hall

Join us at Big Nose Kate's as we play pool, and other games. Participants will play at least two games of pool or other approved games. Participants may bring money to purchase soft drinks, snacks, or to play other games. Pool Hall will meet various Thursdays this fall from 2:30-3:30 p.m. See you there!

Sporting Events

Throughout the season, Salina Parks & Recreation Special Populations program travels to see area sporting events. These activities have included football, volleyball, hockey, and WWE. Call for more information or to request a sporting event you would like to attend.

Cooking Club

Enjoy the ease and excitement of down-home cooking to exotic meal planning and preparation with the Friendship Cooking Club. Classes are held at various times throughout the season. All classes enjoy a main course, beverage, and dessert. For more information, contact Parks & Recreation at 309-5765.

I Wanna Go To ...??

We take trips all over Kansas and even across the United States! The Special Populations program offers several trips each year to fun and exciting tourist spots! Vacation packages are offered in three groups:

Adventure Series Packages are major vacation trips involving overnight stays in hotels and lots of activities. The Adventure Series trips are usually 3-5 days in length and have included Disney World, Bahamas cruise, Dallas, New York, Las Vegas, San Francisco, Colorado Rockies, and a West Coast cruise.

Getaway Adventure Packages are medium priced travel packages to closer tourist attractions. The Getaway Adventure trips are usually 1-3 days in length and have included Kansas City, Omaha, Wichita, and Oklahoma City.

Great Escape Packages are day trips to local or regional attractions. These trips do not involve over-night stays. The Great Escape trips have included Worlds of Fun, Kansas Cosmosphere, Topeka Zoo, Heartland Park, Exploration Place, shopping trips, picnics, and many others.

If you have somewhere you would like to visit, give us a call. All Special Populations vacation packages are designed for travelers with disabilities.